Freedom Summits
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Damon Gameau is an Australian television and film actor who is the director of, and lead role in, **That Sugar Film**.
In 2014, he announced the production of the documentary, in which he relates the dire mood swings and weight gain he experienced after taking on the low-fat, high-sugar health food diet for 60 days. Gameau wrote a companion book for the film, That Sugar Book, which shot to the top of the Health & Well-being best-seller lists in Australia.
We are thrilled to welcome Damon to the 2015 **Freedom Summits**.
#SugarFree #ThatSugarFilm #DamonGameau #QuitSugar See less

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